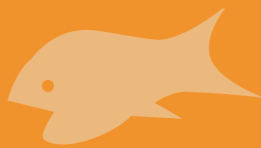


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Shrimp and Corn Pancakes

Grocery List:

3.5 oz pink shrimp, peeled and roughly chopped
1 ear of corn, shucked, or 1/2 lb corn kernels
1 spring onion, finely chopped
2 eggs
a splash of light soy sauce
2 tbsp plain flour
oil to shallow fry
(groundnut is best but sunflower or veg also fine)

Preparation:

1. Mix the chopped shrimp, corn and spring onions together. Beat the eggs with the soy sauce and stir into the rest. Sift the flour into the mixture and stir to combine.
2. Heat a frying pan with oil to a depth of about half a centimeter until it is hot and fizzes when you throw a corn kernel into it.
3. Using a small ladle (or about 2 tablespoons per pancake), fry in batches in the hot oil - stand back as you have to beware of popping corn!
4. Cook for just a minute or two until the edges are brown but the middle is still runny, then flip them over and brown the second side, which will be much quicker; more like 30 seconds.

Be healthy. Be safe. Be smart.

Share this kid-friendly recipe to support healthy families and a healthy ocean.

